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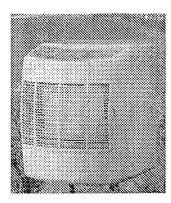
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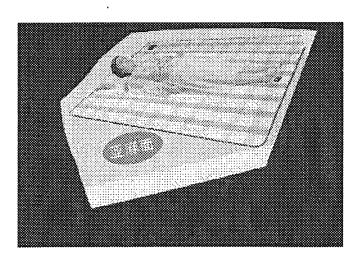
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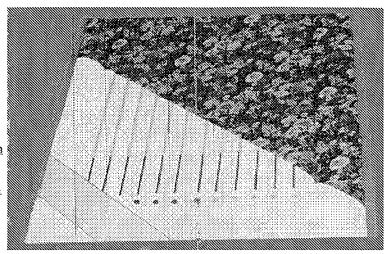
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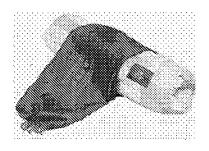
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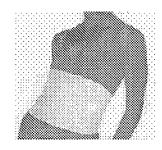


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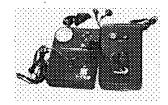
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- 5. The Tune of Shang Metal
- 6. The Tune of Yu Water

Music Writer: Shi Feng

Consultant in TCM: Hao Wanshan

Advisor of Qigong: Li Yan

Player: The National Central Musical College

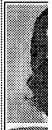
China's Traditional Wuxing Therapeutic Music

Recommended by Chinese Musical Therapeutic Association

According to traditional Chinese philosophy, man is the son of nature, and the changes in the activities of man's life and all things on the earth are interrelated, echoing and accompanying each other, thus the theory that "man is an integral part of nature." The sky spreads *Wuxing* (the five primary elements - wood, fire, earth, metal, and water), which gives birth to *Wuyin* (the five notes of traditional Chinese music - *Jue*, *Zhi*, *Gong*, *Shang*, and *Yu*, corresponding to 3, 5, 1, 2, and 6 in numbered musical notation respectively); the earth has *Wuji* (the five seasons of spring, summer, long summer, autumn, and winter), which corresponds to *Wuhua* (birth, growth, steadiness, restraint, and reserve); and man has *Wuzang* (the five internal organs - liver, heat, spleen, lungs, and kidney),









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Asian-l Fashio Moderr selectic long-dr fashion more. which controls Wuzhi (the five sentiments - anger, delight, thoughtfulness, anxiety, and fear). The changes in Wuxing, Wuji and Wuhua have a direct impact on the changes of all things on the earth and the changes in the state of vital energy and blood of man, leading to changes in man's feeling, mentality and health.

What Is Meant by Wuxing

The Xing here refers to movement, operation or change. Wuxing represents the five forms of the movement of Yin Qi, and Yang Qi, the terms for two opposite aspects of matters in nature, instead of five concrete substances or elements. In nature, the extension of the functional activities of spring is represented by the word of "wood", the rise of the functional activities of summer by the word of "earth", the restraint characteristics of the functional activities of long summer by the word of "earth", the restraint characteristics of the functional activities of autumn by the word of "metal", and the reserve characteristics of the functional activities of winter by the word "water". It is just the five movements and changes of the Yin Qi and Yang Qi that bring into being all the things on the earth, the five seasons and the five life rhythms of plants - birth, growth, steadiness, restraint and reserve. Also because of the five movement forms of Qi (the vital energy of man according to traditional Chinese medicine), the Wuzang in the human body -the liver, heart, spleen, lungs and kidney corresponding to nature- produces the five emotional behavior of anger, delight, thoughtfulness, anxiety, and fear.

The Interpromotion of the Five Elements -

The interpromotion of the five primary elements is in the order of wood, fire, earth, metal, and water. For instance, the spread of wood in spring creates conditions for the rise of fire in summer, which is expressed as "wood promoting fire", and restraint of metal in autumn makes preparations for the drop and hiding of water in winter, which is translated into "metal promoting water".

Creation: wood -> fire -> earth -> metal -> water -> wood

The Interrestraint of the Five Elements

The interrestraint of the five primary elements is in an alternate order. For example, the spread of wood can curb the excessive steadiness of earth, which is called "wood acting on earth"; and the dropping and hiding of water can hold back the over flaring-up of fire, which is known as "water acting on fire".

Control: wood -> earth -> water -> fire -> metal -> wood

The interpromotion of the five elements prevents a certain movement form of Qi from insufficiency, while the interrestraint will keep a certain movement form of Qi from excess.

The interpromotion and interrestraint of the five elements accompanying each other make the coordinated and stable functional activities of nature, organism and human body. As far as human body is concerned, the coordination and stability is the guarantee of healthiness, and the failure in them will provide loopholes for diseases.

Wuyin and Wuxing

There was an account of "treating diseases with Wuyin" in ancient China. According to Huangdi Nei Jing, the earliest medical classic extant in China which appeared in the period of 475-221 B.C. Jue represents the sound of wood, Zhi the sound of fire, Gong the sound of earth, Shang the sound of metal, and Yu the sound of water. This shows that Wuyin (Jue, Zhi, Gong, Shang, and Yu) corresponds to Wuxing (wood, fire, earth, metal and water) and is connected with Wuzang (liver, heart, spleen, lungs, and kidney) and Wuzhi (anger, delight, thoughtfulness, anxiety and fear). Music to the tune of Jue, which bears the nature of wood, prevents and treats the interior restraint of Qi; music to the tune of Zhi, which has the nature of fire, is favorable to preventing and treating the drop



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Sterlinç pendar Rings t of functional activities of Qi; music to the tune of Gong, with the nature of earth, can benefit the prevention and treatment of the disorder of Qi; music to the tune of Shang, which has the characteristics of metal, can prevent and treat the dissipation of Qi; and music to the tune of Yu, which is a reflection of water, is good to the prevention and treatment of the reverse of Qi and excessive flaring-up of internal heat. This is the why Wuxing music can affect the functional activities of Qi in human body, balance Yin and Yang (the two opposite aspects of matters in nature which are interrelated with each other), regulate Qi and blood, maintain operation of Qi and blood in human body in a state of dynamic equilibrium, keep human body in a healthy state.

The operation of *Yin Qi* and *Yang Qi* in nature and *Qi* and blood in human body can change with season and time. People will sustain a break in the equilibrium in the functional activities with the difference in sex, age and sentiment. These changes fall into medium and calm, excess and insufficient states. Corresponding to the changes in nature and the functional activities of *Qi*, *Wuxing* music is also divided into *Zhengdiao* (medium tune), *Taidiao* (semi-medium tune) and *Shaodiao* (slow tune).

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Wuyin Therapeutic Music

The tune of *Jue*, representing the sound of spring, is mainly based on the sound of *Jue* (3-Mi in numbered music notation), belonging to wood, concerning birth and connected with the liver. It can help promote the rise, growth and extension of functional activities of *Qi* in human body, and has the functions of invigorating the liver and easing anger, nourishing *Yang* and the liver, heart and spleen, and removing fire from the kidney. When applied to *Qigong* exercise, it can promote the dredge of meridians and flow of *Qi* and blood through the meridians. When applied to mental work, it can help refresh the mind and keep a cool head, suitable for listening when sticking to work in tired-out state. When applied to sports activities, it can help increase excitability and improve the form of athlete, suitable for listening while making warming-up exercises. It can also be adopted to prevent and cure stagnation of the liver *Qi*, heart stuffiness, poor appetite and sexual desire, irregular menstruation and restlessness.

The tune of *Zhi*, representing the sound of summer, is mainly based on the sound of *Zhi* (5-So), belonging to fire, concerning growth and connected with the heart. It can help promote the rise of the functional activities of *Qi* and has the functions of nourishing *Yang*, the heart, spleen and lungs, and removing fire from the liver. When applied to *Qigong* exercise, it can help promote the operation of *Qi* and blood. When applied to mental work, it can help stimulate the spirit, improve efficiency and concentrate attention. When applied to sports activities, it can help inspire the morale and improve the form of athlete, suitable for listening at the late phase of warm-up exercises and during contest. It can also be used to prevent and cure deficiency of *Qi* and blood in the heart and spleen, prolapse of internal organs, fatigue and weakness, mental aberration, oppressed feeling in the Precordial region, shortness of breath, low spirit and coldness in the four limbs.

The tune of *Gong*, representing the sound of long summer, is mainly based on the sound of *Gong* (1-Do), belonging to earth, concerning steadiness and connected with the spleen. It can help promote the stability of the functional activities of human body and regulate the functional activities of the spleen and blood flow within the vessels, nourishing the spleen and strengthening the stomach, invigorating the lungs and kidney, and removing fire from the heart. When applied to *Qigong* exercise, it can calm down the functional activities and blood flow, and stimulate the vital essence and energy of man. When applied to mental work, it can help stabilize the mind, suitable for listening while sitting deep in thought. When applied to sports activities, it can help improve the psychological stability of athlete, suitable for events that need skills and beneficial to easing nervousness. It can also be adopted to treat weak spleen and stomach, nausea and vomiting, indigestion, magersucht and over tiredness, neurosism and shortness of breath due to deficiency of the lungs.

The tune of *Shang*, representing the sound of autumn, is mainly based on the sound of *Shang* (2-Re), belonging to metal, concerning restraint and connected with the lungs. It can help promote the restraint of the functional activities of human body and regulate those of the lungs. It is effective to nourishing *Yin*, the lungs, kidney and liver, as well as removing fire of deficiency type. When applied

to *Qigong* exercise, it can help save *Qi* and energy. When applied to mental work, it can help calm down the nerve and keep a clear mind, suitable for those who overtax their brain or are over excited. When applied to sports activities, it helps lower excitability, suitable for relaxing and removing tiredness after activities. It can also help treat insufficiency or weakness of the lung *Qi*, the deficiency of both *Qi* and blood, spontaneous perspiration and night sweat, coughing and shortness of breath, dysphoria, dizziness and failure in self-control of sorrow.

The tune of Yu, representing the sound winter, is mainly based on the sound of Yu (6-La), belonging to water, concerning reserve and connected with the kidney. It can help promote the drop of the functional activities of human body and has the functions of nourishing Yin and the kidney so that the essence and energy can be stored without being eliminated, as well as the functions of tonifying the liver and heart, and removing fire from the lungs. When applied to Qigong exercise, it can help store energy and stimulate the essence while helping the exercisers to concentrate their mind. When applied to mental work, it can help relieve muscular spasm and tranquilize the mind, suitable for those to listen who feel the Qi and blood ascending up to the brain, suffer from headache and slight fever and can hardly fall asleep, when applied to sports activities, it can help keep being excited and has a positive role in after-activity rest, removing tiredness, reducing the consumption of energy and recovering physical strength. It can also be used to treat the flaring-up of fire of deficiency type, vexation and restlessness, headache and insomnia, lassitude in loin and legs, poor sexual desire, impotence and premature ejaculation, and difficulty in micturition.

The Interrelation of the Five Elements

The relation between two adjacent forms of movement among the five elements is called a relation between "mother and son", namely, wood (the liver, *Jue*) is the son of water (the kidney, *Yu*), while it is the mother of fire (the heart, *Zhi*); fire is the son of wood but is the mother of earth (the spleen, *Gong*); earth is the son of fire but is the mother of metal (the lungs, *Shang*); metal is the son of fire but is the mother of water; and water is the son of metal but the mother of wood.

Among the five primary elements, every movement form of Qi is interrelated and inter-restrained with other forms of movement. Wood (the tune of Jue) to water means excretion, and to fire means reinforcement; fire (the tune of Zhi to wood means excretion, and to earth means reinforcement; earth (the tune of Gong) to fire means excretion, and to metal means reinforcement; metal (the tune of Shang) to earth means excretion, to water means reinforcement; and water (the tune of Yu) to metal means excretion, and to wood means reinforcement.

Usage

The traditional Chinese medicine consider that the internal diseases can be divided into two types "deficiency" and "excess". In treatment, the common practice is to "reinforce the mother" or "excrete the son", that is, when there is a deficiency, it is a must to reinforce the mother; and when there comes an excess, it is imperative to excrete the son.

Because of the different main sound and the different sound waves and nature of waves arising from different melody and orchestration, the music in the five tunes has different effects on the internal organs and sentiments. For example, the music in the tune of *Shang* is regulative to the lungs, excretive to the spleen, tonic to the kidney and restraint to the liver. The music in other tunes has the same effects to corresponding internal organs.

The three series of the *Wuxing* music have their own particular focal points and aims. *Zhengdiao* focuses on regulation, *Taidiao* stresses excretion and *Shaodiao* emphasizes reinforcement.

In selecting the music in the five tunes, it is necessary to follow the law of the interpromotion and interrestraint of *Wuxing*, that is, to choose music for listening according to differentiation of season, time, person, symptoms and signs. The choice can also be made according to what is felt the most suitable and comfortable after listening, or based on one tune with others as supplement.

Wuxing music is the melody echoing the movement of nature and the call of Mother Nature to main and all things on the earth. It makes us relax, dissolved in nature and the lovely melody. Let us follow heart and sole the melody echoing the movement of Wuxing to greet the law of nature and the four seasons, return to the embrace of Mother Nature and enjoy to our heart's content the motherly love of nature.

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Face of the Koreans Page 1 of 3

Reading Face with Physiognomy

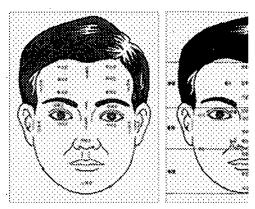
In the physiognomy, we call what intend to predict the human character and desimy with its face a countenance or looks. In meeting someone firstly, we would say about his first looks. It shows that the physiognomy has been influenced to us Koreans. Originally the physiology was developed in China. According to the ancient report, its origin traces back to the Zhou Dynasiy. But there had not been a systematic development in the physiology before two important books came out; one is Dalma-Sangbup written by Dalma, the Great Monk from India and the other is Maui-Sangbub of the priest Mau of the Song Dynasty.

It is assumed that Chinese physiognomy was transmitted to Korean Peninsular by people who had studied in China in the Three Kingdoms Ages. The physiognomy was advanced throughout Koryo and Chosun Dynasty, and especially that in Buddhism was its main current. The famous physiognomists in Koryo were Doseon, Hyejing and Muhak. They all were monks.

In Chosun Dynasty, the famous scholars such as So Kyoung-duk, Lee Yul-gok as well as buddhist monks had deep knowledge of phrenology.

Especially, the phrenology was also an important point in freating the patients even in medical science book [Dong on bo gam] of HEO JUN.

The phrenology is an astrology that judges a person focusing not only on the shape of one's face but also on the hand, foot, and the entire body. But the face is the most important thing.



Physioguomy - 12±Ã ¶Ã§рµ

Physiognomy iA*p

The fundamental method of judging one's face is on the basis of "Yin-Yang O- Heng", which means the cosmic dual forces and the five p substance.

According to this, phrenology of one's face is divided into various features like "symmetry-oriented, Samjung-oriented, Kung-oriented, fit oriented, O-Heng-oriented, etc." The map of face according to Kung-oriented method, for example, is as follows. Parent-Kung has the opbetween man and woman, left for man and right for woman.

Since the phrenology of China took the examples from the Chinese, it is different from that of Korea. For instance, Korean phrenology fo while Chinese on forehead. And that's the same in eyes, nose, car and mouth.

The human figures in the paintings have the face of noble or dignity.

The noble face has a long and a little bright face.

The forehead is broad. Char and the place between two eyebrows are thick

The dignified face is the face of military men with Majesty look. He has brilliant eyes, up-ended eyebrows, and strong-looking nose and c Measuring face with a ruler is one of the characteristics in Korean phrenology.

There is an episode about Han Myung Whae, a famous statesman under King Sejo, who was judged by taking measure of his face. So we pircuological method of that kind settled down before Chosun Dynasty.

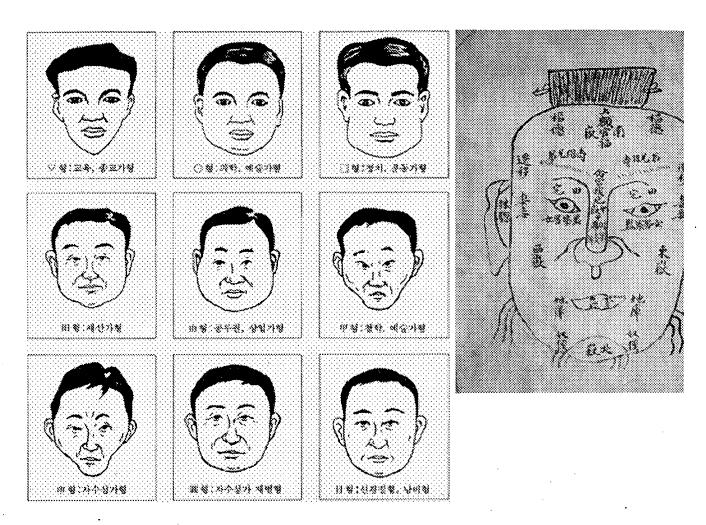
Although phrenology came from China, Koreans have developed in their own way.

But today, a lot of Korean people don't like their natural faces. They want to make changes to their faces by the surgical operation. Especisiyled face is thought of as the standard of beauty.

Therefore traditional phrenological interpretation has had no place to stand, instead, more people would rely on medical development for more western.

Physiognomy - 12±Å 5°öµµ

Face of the Koreans Page 2 of 3



Faces' changes as expression method



Woman



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LOADSTONE

Pronunciation: 'lowd' stown

WordNet Dictionary

Definition: [n] a permanent magnet consisting of magnetite that possess polarity and has the power to a

as to be attracted magnetically

Synonyms: lodestone

See Also: magnetic iron-ore, magnetite, permanent magnet, static magnet

Webster's 1913 Dictionary

Definition: \Load"stone \, Lodestone \Lode"stone\, n. (Load, lode

+ stone.) (Min.)

A piece of magnetic iron ore possessing polarity like a

magnetic needle. See {Magnetite}.

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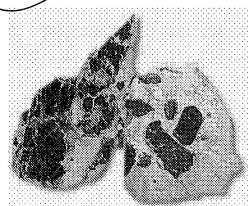
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<u>Pyroxene Group</u>

Pyrrhotite

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Minerals: see phiogopite, muscovite, biotite. Local Occurance: Bear Lake Occurrence, Davis Hill, Davis Quarry, Diamond Lake Roadcut, Morrison Quarry, Quirk Lake

Description:

The micas are an important group of minerals. They represent the classic phyllosilicate mineral and are usually the first minerals to be thought of from this subclass of the Silicates Class. Micas are significant rock forming minerals being found in all three rock types: igneous, metamorphic and sedimentary. Because thin flakes of mica are generally flexible and brittle, it is surprising how resistant and durable mica crystals can be in withstanding high temperatures and pressures in metamorphic regimes as well as the punishment of erosional environments. The term "mica" is so familiar to the general public that it is often considered a mineral in itself. Of course it is <u>actually a group of minerals</u> and most people who are knowledgeable about minerals know the three most common mica minerals: muscovite, biotite, and lepidolite and perhaps a few of the less common micas glauconite, paragonite, phlogopite and zinnwaldite. The Mica. Group is actually a rather large group of minerals with over 30 members. Being true phyllosilicates, all micas are thus composed of sheets of silicate tetrahedrons. The silicate sheets are composed of interconnected six membered rings. These rings are responsible for the micas typical six sided pseudohexagonal symmetry, in actuality they are only monoclinic or triclinic. Each tetrahedron in the rings shares three of their oxygens with three other tetrahedrons and all the tetrahedrons in a given sheet point their unshared oxygen in the same direction. The structure of

Rutile Scapolite Serpentine <u>Sinhalite</u> Socialite <u>Spinel</u> Stillweliite <u>Thorite</u> Titanite <u>Tourmaline</u> Tremolite **Uraninite** <u>Uranothorite</u> <u>Vesuvianite</u> Warwickite Wollastonite. Zircon

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Tools and Regulations
Back to Mineral Page

micas is stacked like a building with several different layers. Two tetrahedral layers (T) with their tetrahedral points pointing toward each other, sandwich small metal ions such as aluminum in an octahedral layer (O). This tetrahedral-octahedraltetrahedral (TOT) sandwich is stacked with layers of large cations such as potassium or calcium. This cation layer is known as the interlayer (i) because it is between the TOT sandwich layers. This i layer, is needed to balance the formula due to the substitution of the +3 charged aluminum for +4 charged silicons in the T layers. The whole structure can then be illustrated with the following sequence of layers: ...ITOTITOTITOTITOTI... The Mica Group minerals are closely associated with the clay minerals. The days have a similar structure but include brucite and gibbsite layers between their silicate layers. However, often crystals will be intergrown with mica and clay layers forming a composite crystal; as in a few layers of pure biotite and then a few layers of pure vermiculite, then biotite, etc, etc. This type of arrangement in a single crystal is making identification and classification of these minerals extremely complicated and confusing. The mica minerals muscovite, glauconite and illite are often considered days due to their day like properties. The general formula for the micas is A82-3(X, Si)4O10(O, F, OH)2. The tetrahedral layers by themselves have a formula of (X, Si)2O5. In most micas the A ion is usually potassium but can also be sodium, calcium, barium, cesium and/or ammonium. These ions occupy positions in the interlayer i discussed above. The B ion can be either aluminum, lithium, iron, zinc, chromium, vanadium, titanium, manganese and/or magnesium. These ions occupy positions in the octahedral layers O. The X ion is usually aluminum but can also be beryllium, boron and/or iron (+3) and they sit in the center of the tetrahedrons substituting for silicons by up to 50%. There are three major divisions within the Mica Group; The True Micas, The Brittle Micas and the a new division called The Interlayerdeficient Micas. The True Micas have a majority of singularly charged ions in the A position (ions such as potassium and sodium). The Brittle Micas have a majority of doubly charged ions in the A position (ions such as calcium or barium). The Interlayer-deficient Micas, which used to be called the Hydromicas, have fewer I lons than other micas, hence the name. The three divisions can further be divided into dioctahedral and trioctahedral groups. The 8 ions occupy octahedrally coordinated sites, bonded to six oxygens and two of the extra non-tetrahedral anions (hydroxide, fluorine and/or extra oxygen ions). Dioctahedral micas have two (or less than 2.5) B ions in their formulas, whereas trioctahedral micas have

three (or at least 2.5 or more) B ions in their formulas.

These are the Mica Group Members: The True Micas: Dioctahedral:

Aluminoceladonite (Potassium Aluminum Magnesium Iron Silicate Hydroxide)

Boromuscovite (Potassium Boro-silicate Hydroxide)

Celadonite (Potassium Iron Magnesium Silicate Hydroxide)

Chromphyilite (Potassium Chromium Aluminum Silicate

Hydroxide Fluoride)

Ferro-aluminoceladonite (Potassium Aluminum Iron Magnesium

Silicate Hydroxide)

Ferroceladonite (Potassium Iron Magnesium Silicate Hydroxide)

Muscovite (Potassium Aluminum Silicate Hydroxide)

Variety: Fuchsite

Nanpingite (Cesium Aluminum Silicate Hydroxide)

Paragonite (Sodium Aluminum Silicate Hydroxide)

Roscoelite (Potassium Vanadium Aluminum Silicate Hydroxide)

Tobelite (Ammonium Aluminum Silicate Hydroxide)

Trioctahedral:

Annite (Potassium Iron Aluminum Silicate Hydroxide)
Aspidolite (Sodium Magnesium Aluminum Silicate Hydroxide)
Biotite (Potassium Magnesium Iron Aluminum Silicate Hydroxide
Fluoride)

Eastonite (Potassium Magnesium Aluminum Silicate Hydroxide)
Ephesite (Sodium Lithium Aluminum Silicate Hydroxide)
Hendricksite (Potassium Zinc Aluminum Silicate Hydroxide)
Lepidolite (Potassium Lithium Aluminum Silicate Fluoride

cepianite (rotasiani caliani xianiliani silcate ridoride Hydroxide)

Masutomilite (Potassium Lithium Aluminum Manganese Silicate Fluoride)

Montdorite (Potassium Iron Manganese Magnesium Aluminum Silicate Fluoride)

Norrishite (Potassium Lithium Manganese Silicate)

Polylithionite (Potassium Lithium Aluminum Silicate Fluoride)

Phlogopite (Potassium Magnesium Aluminum Silicate Hydroxide)

Preiswerkite (Sodium Magnesium Aluminum Silicate Hydroxide)

Siderophyllite (Potassium Iron Alumínum Silicate Hydroxíde)

Tainfolite (Potassium Lithium Magnesium Sificate Fluoride)

Tetra-ferri-annite (Potassium Iron Silicate Hydroxide)

Tetra-ferriphlogopite (Potassium Magnesium Iron Sificate Hydroxide)

Trilithionite (Potassium Lithium Aluminum Silicate Fluoride)

Zinnwaldite (Potassium Lithium Iron Aluminum Silicate Fluoride Hydroxide)

The Brittle Micas:Dioctahedral:

Chernykhite (Barium Vanadium Aluminum Silicate Hydroxide)
Margarite (Calcium Aluminum Silicate Hydroxide) Trioctahedrai:

Anadite (Barium Potassium Iron Magnesium Aluminum Silicate Hydroxide)

Bityite (Calcium Lithium Aluminum Beryllium Silicate Hydroxide) Clintonite (Calcium Magnesium Aluminum Silicate Hydroxide) Kinoshitalite (Barium Magnesium Aluminum Silicate Hydroxide)

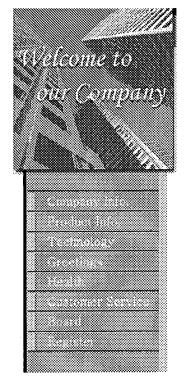
The Interlayer-deficient Micas:Dioctahedral:

Brammallite (Sodium Aluminum Silicate Hydroxide)
Glauconite (Potassium Sodium Iron Aluminum Magnesium
Silicate Hydroxide)

illite (Potassium Aluminum Silicate Hydroxide) **Trioctahedral**: Wonesite (Sodium Magnesium Aluminum Silicate Hydroxide)

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☼ ~
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Common sense in health.

Common sense in Health

>>> Ultra-magnetic wave

The ultra-magnetic wave is generated by altering the bipolar speed at the speed of times in one second and influence nerve system of the human body by penetrating everything such as glass, fiber, stone and rubber.

It's called as the ultra-magnetic wave considered as the longest magnetic-wave in the showing the fluctuating magnetic-wave altering the intensity of magnetic waves at reperiod by time.

The efficacy of the ultra-magnetic wave is stated as below

- Solidificating the reproduction power of cell by assisting the magnetization or carbon, oxygen, manganese, and iron of human organism
- Assisting the improvement of the circulation of blood to human body
- Painkilling effect and Inflammation removal by strengthening immunity power



>>> Anion

A minute participle having electric character is called ion and divided into a positive negative ion. Generally, the positive ion is existed in polluted air, and the negative ic mountain or beach valley distribution.

It's saying the basic constitution in case that a number of negative ion are contained saying the acid constitution in case that a number of positive ion are existed in hum. The negative ion remedy of the KM is that the constitution of blood convert into basis increasing the amount of Ca, Na. ionization in blood. The effect of the negative ion i as below.

- Accelerating the excretion of waste matters accumulated inside the human b the neutralization of odor
- Maintenance of the optimum humidity in human body
- Balance of the nutrition supply inside the human body and improvement of the metabolism
- Improvement of the resisting power inside the human body
- Improvement of the blood circulation

>>> Alumina

Alumina materials utilized in KM is the product after the plastic process for 2 days ir temperature of 1650°C using rubber materials and high-purity alumina(99.6%) lowe 5um.

Our product is the high-technology product having the characteristic of the high breaterength by the outstanding heat-transferring temperature as discharging the far infraction for the creatures which is beneficial to the human body as the high-quality product p

Also our product is non-polluting product removed the harmful chemicals such as pl cadmium in high plastic temperature

Don

>>> Germanium

German physicist Winkler, Clemens Alexander succeeded in separating the chemic elements and the name of Germanium was name after the Germanium.

The efficacy is stated as below

- The supply function of the oxygen
 - Functioning as the catalyzer material of oxygen assisting efficient applicatio oxygen
- The effect of negative ion
 - Cure of many types of illness by making the cellular flowing smooth
- Improvement of the resisting power in human body
 - Elimination of the disease-causing germs getting into the human body
- The promoting effect of the endorphin generation

>>> Elvan

Elvan is named after the shape of "boiled barley".

Elvan is distributed around the island and land of the north-sea area in Korea. Elvan is the aggregate of 45 types of mineral as the lump formed from tuff after all o materials in the sea, such as mud, seaweeds of the submarine layer, shellfish, and been accumulated for billions of years

The efficacy is stated as below

- Effect on air-purification and preservation function due to the sufficient contai amount of oxygen.
- Effect on the metabolism and the skin health by eluting mineral
- Removing effect on toxic substances, Disintegrating effect on heavy metal
- Generating effect of the far infrared ray
- Purifying effect of water by alkalizing the water quality

>>> Charcoal

Charcoal is a carbon lump before the stage of ashes as a black lump made by bakir charcoal kiln.

The effect of charcoal is stated as below-

- Preservative Effect
 - Non-effected by microorganism or mold
- Filtering effect
 - Filtering the polluted air or polluted water
- Humidity-controlling effect
 - Maintenance of the optimum humidity
- The generation of the Anion
 - Supplying the clean air and Recovering the fatigue by generating the anion
- Interception of the harmful electro wave/radiation
 - Absorption & Extermination of emitted electro-wave
- Odor elimination effect
 - Eliminate the origin of odor by controlling the putrefying bacteria

- Treasure chest of Mineral
 - Natural mineral absorbed from the soil is concentrated in charcoal
- The generation effect of the far infrared ray
 - Emission of the far infrared ray called as the light of life
- Beauty culture effect
 - Healthy skin by the natural mineral

>>> Far infrared ray

The far infrared ray is a ray supplying the heat energy of the long wavelength and w used in the dry-heating, warm-heating remedy, and the inside materials for the cons and also have a effect on economizing heating energy due to the direct and instantation flowing of the heat.

Owing to these effects, it?s called as the light of the life.

The efficacy is stated as below

- Sweating & warm-heating effect of the human body
- Accelerating the excretion of waste matters accumulated inside the human b the neutralization of odor
- Maintenance of the optimum humidity in human body
- Promotion of the blood circulation
- Painkilling

>>> Jade

Jade contains the necessary matters such as mineral matters, calcium and magnes human body.

Among these matters, magnesium occupy 40% of the jade as the constitutional ingredient of chlorophyll.

As Jade is the most precious jewel in the orient, the representative type is nephrite, others are topaz, quartz jade. etc.

Jade have been used in accessories for the health since the constitution of jade is s the wavelength of the human body, and also settle down the brain due to the droppi function of the heat if the patient of high-blood type wear jade.

The fomentation by jade have the epochal efficacy in relieving the fatigue and short sleeping time by improving the metabolism and expanding the capillary.

As the far infrared ray of jade penetrate 80 times more that general warm-heat into the circulation of blood get flourshed.

As jade heat the inside of the human body and has the effect on the spinal remedy, function of prevention is excellent in cancer, waist-disk, various types of the disease people.



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Health (the span of life)

It is very dangerous to tell the length of human being's days.

But when the destiny seems to become bad, you have to avoid the bad stream of the fate. That's the best way.

Long time ago, a wise man named Dongbangsuk, lived three thousand sexagenary cycle. It's a surprise. Actually, most people can't live 100 years though human beings can live for 120 years. That's a matter of circumstances and one more, they did not try to predict and prepare for their futures.

Human being's fate is influenced by Wood, Fire, Earth, Metal, Water (= the five primary substance) and "Yin" & "Yang" (the negative & positive principle in nature).

For example, If someone has a Wood for his sign, he should be afraid of Metal luck flow. Because wood can be cut by metal. And be careful about fire luck flow. The Fire can burn up the Wood.

It could be also applied to your health.

If your sign is Earth, when you meet the Wood luck flow, possibly you come to have a stomachache. In human's life, the whole reason is affected by five primary substance and "Yin" & "Yang".

So, If you understand this principles, you can make preparations and protect yourself from the bad luck.

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Kutaki no Mura Fonum Index

Training Methods Five elements

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Goto page (1 | 2 Next Page)

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Huo Shinjikiji

Joined: 2003/4/27

Posts: 3 Karma: 0 Thread

Five elements

1) We have earth-water-fire-wind-void combination in Buil However, there is also earth-water-fire-wood-metal combin So, five elements - which are they?

2) I've heard about a theory that "the masters of old" used counting, instead of "one, two, three, four, five", meaning as much as it is about, let's say, "rhytm". I don't really beli

"Even when you're faced with certain death, die laughing!" Shinryuken Masamitsu Toda, 33.rd Soke of Togakure Ryu

D 2003/11/16 20:44

TamiChang Shinjikiji

Joined: 2003/2/4 Posts: 3

Karma: 0

A state of entitle

Re: Five elements

I don't know if this will shed any light on anything here, bu are the same five elements that are used in Ayurveda, the that predates Chinese medicine. The wood, metal, etc. ele

I study/practice polarity therapy, an energetic bodywork/h medicine. The elements in polarity principles step down in air/wind, fire, water, earth. This step-down of vibration is \ the same meridians as Chinese medicine). There is a lot m here.

When I was first introduced to polarity therapy in massage of the same elements we use in the Builnkan, and that we sort of an in/vo thing. I have often wondered if the elemer Indian. Perhaps there are more knowledgeable historians v

THT, Tami Chang

D 2003/11/17 0:32

mach5 Myorikiji

Joined: 2003/2/2 Posts: 77

32000

☐ The 5

Quickly I would first like to say that Ayurveda does not pre cross over (espcially in the realm of herbal medicine), due way to say one exsisted before the other. Chinese medicin people in the area.

On to the 5 elements.

Karma: 3 Canada

The first five element system is Chinese in origin. It is calle earth-metal-water-wood. This system is used to describe a to describe a change in energy). Such as the seasons, or the extremely effective tool, but like any system, it does have text the "Nan Ching" if anyone is intrested and already ver DID NOT include the yin/yang (in/yo in japanese) theory. The go-gyo system was later added together with it. I forget the it I can look it up later when I have more time.

This is all tied in with Japanese Onmyodo, the ten stems, t that. I think I wrote something about that earlier (about the Anyyywho...

The second system is Tibetan in origin and came to Bujink go-dai in Japanese but others have told me that Soke ofter using a play on words (confusing huh!). This system can b states of fluxation compaired to the chinese system, yet th earth (solids), water (luquids), fire (ki), wind (gases), ku (sepresentations of energy and states because everything is (please dont make me get into how one system can chang

You could make all kinds of compairisons with the two. Say engine (earth), the gas (fire and water), the air from the fithe very subatomic particals from which comes everything exhange of energy and the different processes the engine explosion to mechinical motion, the friction and heat creat

There are different views on exactlt how the two are relate independent of each other and were never really meant to thought.

Anyways, I am off to bed, but I hope this gives you a gene information in basic relation to the Bujinkan, Hayes is infar out some of his books. I also think there is an old Ura and tickled my brain about the engine thing (I was gonna use)

PS, I agree on the vibration thing. Sooo many ways to lool understand BUT like any tool, it has its limitations. Dont le

TTFN, Eric Vander Wal

"And maybe some things are that simple"

andie

Re: The 5

Oh yeah, about the counting. No, I have never heard that chinese books avaliable as part of my school studys. But yeabout cryptically/ or in reference to something else. And ye numbers and the chinese go-gyo system. I think many jap calender of Japanese onmyodo.

But its a litle more round about than wood is 4.

See Here for some basic info on the calender.

D 2003/11/17 16:47

mach5 Myorikiji ជាជាជាជាជា

Joined: 2003/2/2 Posts: 77 Karma: 3 Canada

TTFN, Eric Vander Wal

"And maybe some things are that simple"

D 2003/11/17 17:10



theunknowndude

🗋 the 5





interestingly enough, if you can't find anything, refer to the tradition" by Soke gives a very detailed explanation on the insight into the "tool", especially when I first looked at wha the name then it takes on a different level (though there a the surface) the systems are go dai (five elemental ma wind, fire, water, earth) and go gyo (five primary elements fire, wood, metal) hope that added a little bit further inform

Joined: 2003/8/14 Posts: 21 Karma: 1 Adelaide

Rikuji

"fear is the mind killer..." Tim Wise

"fear is the mind killer..."

1 2003/11/17 17:27



theunknowndude

Re: the 5



ahhh yes should have added that this is more of a "what it people like Eric are more suited to answer historical questi-

Tim Wise

Joined: 2003/8/14 Posts: 21 Karma: 1 Adelaide

2003/11/17 17:33



Kizaru Rikuji ជាជាជ

Re: Five elements



To the best of my knowledge,

Joined: 2003/2/3 Posts: 25 Karma: 1 松戸市、日本

- 1) In Gyokko ryu we have Earth, Water, Fire, Wind, Void/S In Togakure ryu we have Earth, Water, Fire, Wood, Metal there's an ura side to each as well.
- 2) Personally, I've never heard of chi, sui, ka... being used check your source or reference it against two other reliable

鬼猿

2003/11/17 22:07



Toranoko Myorikiji 金金金金金

Joined: 2003/2/1 Posts: 70 Karma: 1 Northeast Pa, USA

Re: Five elements

Your first question has been covered quite nicely by others that Mikkyo -- specifically Tendai Mikkyo -- has Six elemen that the Godai is a subset of the Rokudai.

"Counting Device" -- I've heard that as well, but I've come inaccurate translation. The best example I could give of th Musashi was well versed in several spiritual traditions but himself -- a fact he clearly states in his prelude -- and he n understands why he arranged his book in the sequence the found the Godai to be very useful in arranging his mate to understand the strategies it contained.

Now it's quite true that many people like to consider this "however to say this is to ignore Musashi's own words -- thinstead of counting, and once one accepts that fact certain evident.

Now, for the record, there are (at least) two different arrai sequential and "complementary opposites". In the first the Void. Take a look at the "Japanese Lantern" and you will s look for. The second has the "oppositional" elements -- Ear Void in the middle balancing things out. These two arrange complement each other, they are not the same.

Hope this helps.

John C. Price http://www.gyokko.com

D 2003/11/18 1:01



Joined: 2003/2/1 Posts: 13 Karma: 1

D 2003/11/18 7:07

JamesGarcia Myorikiji ជាជាជាជាជា

Joined: 2003/5/28 Posts: 55 Karma: 3 A princi 🖺 coell 🗥 eve

RE: The Five Elements

Hi John,

Good point, Musashi didn't use the godai arrangement as a but had a much deeper significance directly linked to both the Hosokawa-han. However, Miyamoto Musashi was actual "explain" his techniques using religious terminology in the Hosokawa-han), which is what he meant in the introductio

Jason Jennings

) profiles

☐ Hehehe...

I have heard from Hatsumi Sensei himself as well as more used as a counting or listing device. Every time they all po associated with the Godai element. And every time, this wauthenticity of Steve Hayes' use of the five feelings and the remember them saying it was like listing something as in, a

Ask one of the Japanese.

I'll have to check my copy of the Gorin no Sho when I get

"SHUT UP AND TRAIN!!!" Hatsumi So'Ke 87' when asked ν Shido'shi James Garcia (Mikey, Slimey Jaime, Hentai Jaime

D 2003/11/19 7:35



Goto page (1 | 2 Next Page)

Hosted in Chiba-ken, Japan, by a Canadian Bujinkan Budo Taijutsu addict.

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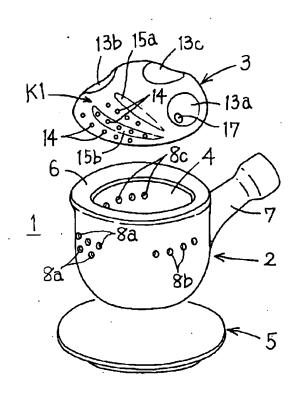
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(54) 【発明の名称】 温灸装置

(57)【要約】

【課題】 使い勝手が良く、温度調節可能で、薬効成分 の浸透作用をも利用し得る温灸装置を得ること。

【解決手段】 全体を陶器により形成された温灸装置 (1)であって、上面開口円筒状容器(2)の側面に取手部(7)を設けると共に、容器(2)に薬草煙通気用の通気孔(8a~8c)を形成し、容器(2)内底部(2a)に薬草係合用の突起(10)を設けて薬草収納部(9')を形成し、容器(2)の上面開口部(4)を閉鎖し得る蓋(3)を設け、蓋(3)に薬草煙通気用の通気孔(14)と温度調節用の透孔(17)を設ける。



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